

## How do we support you?

We provide family programmes and services to help parents/carers to get the best out of family life.

- A referral form is completed
- We will contact you to arrange a convenient time for the initial meeting
- We will provide guidance and support on issue that affect you
- We can see you at your home, if it is safe to do so, or at an agreed safe place
- We will also signpost you to other agencies to ensure that your needs have been met

The Specialist parenting service will be delivered by trained parenting facilitators, domestic violence advocates and family practitioners who are qualified with a DBS and safeguarding certificate



## How do I refer into the service?

You can contact us by email /phone. To make a referral or commission our services, please complete our referral form and email through egress. If you would like to discuss a referral over the phone before referring, please contact:

**Munaza Zaman**

Service Director

**T:** 0208 930 1081

**M:** 07403 616 971 / 07813 607 006

**Email:** [munaza@mparentingu.co.uk](mailto:munaza@mparentingu.co.uk)

**Website:** [www.parentingu.co.uk](http://www.parentingu.co.uk)

## Cost of our service?

Our costing is fair and reasonable, our staff are very professional, trained, experienced and bring in a wealth of knowledge and can deliver programmes in different languages upon request. They are empathetic, supportive and understand the cultural barriers of diverse communities.



ParentingU is a registered company in England and Wales Company Number 8849166



**ParentingU**  
Strengthening Relationships

*A Specialist service for Muslim, South Asian and BME Communities*

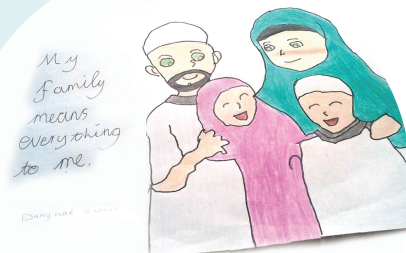
## Who are ParentingU?

ParentingU is a specialist organisation set up to increase awareness of best parenting practices and knowledge of the root causes of domestic violence. To promote and foster positive relationships within all communities, particularly, Muslims, South Asian and BME communities. A team of dedicated professionals trained to empower families in understanding their children's development and develop appropriate parenting strategies for parenting children.

## What is our objective?

ParentingU's objective is to ensure that members of all communities, irrespective of their customs and religious background, are informed about child protection legislation and laws, positive parenting practices and the effects of domestic violence on children in the UK.

We will empower users of our service by providing a user-friendly, client based service, increasing their knowledge of, and access to, programmes that promote emotional and physical well-being, and aid in the improvement of relationships and communication between parent and child.



## What services do we provide?

ParentingU provide a range of diverse programmes and services, working with the service user to cater to their specific requirements. Types of programmes run include:

- Parenting programme for adults with young children from 0 - 18 years
- Strengthening families and Strengthening communities'
- Anger management
- Incredible years
- Solihull programme
- Antenatal programme "Welcome to the World"
- Forced marriage and Honour based violence programme
- Freedom programme for men/women suffering domestic violence
- Bespoke training programmes
- Family service
- Fathers programme



## How the service is delivered?

- Delivery can be one to one, family or group based
- Programmes are run at schools, public/private premises and at clients' homes
- Respond to all service users by offering them options and choices
- Provide programmes tailored to individual needs

